

Your 30 Day 'Raise The Bar' Challenge

Purpose:

The purpose of this challenge is to help you focus on and embed new healthy habits into your life.

Outcome:

You finish the 30 days with 1-4 new healthy habits embedded into your day to day life that you can keep up long term.

Details:

By the end of the 30 days, I want you to feel empowered with new healthy habits. You work towards the person you want to become through your daily habits. Your daily habits and your actions are always giving you results. If you want better results, you need better habits. If you want different results, you need different habits. Your habits are your life.

Instructions:

1. **Fill out this form:** [Raise The Bar Challenge Worksheet](#)
2. **Pick one new habit** per week for the four weeks.
3. **Stack your new habits** every week like this :
 - ★ Week 1: Habit #1
 - ★ Week 2: Habit #1 & Habit #2
 - ★ Week 3: Habit #1 & Habit #2 & Habit #3
 - ★ Week 4: Habit #1 & Habit #2 & Habit #3 & Habit #4

3 These are new habits, not ones you're consistent with already. If you're already drinking water and working out, you've got to pick new, challenging habits.

4. Habits to choose from (or you can pick your own).

Nutrition Habits:

1. Make one new dinner recipe once a week;
2. Do a meal prep day once per week;
3. Avoid eating after dinner most days of the week;
4. Eat breakfast, lunch, dinner & 2 small snacks;
5. Have one 'starchy-carb' free meal every day;
6. Do intermittent fasting. You could start with a 12 hours of fasting + 12 hours of eating plan (12:12), and move up to 14:10 or 16:8 if you felt comfortable. For example, have breakfast at 10am and sit down for dinner by 6pm, making dinner the last time you eat. (16:8);
7. Give up or reduce alcohol;
8. Give up or reduce junk food;
9. Give up or reduce bread;

Movement Habits:

1. Do 3 workouts per week;
2. Do 4 Workouts per week;
3. Do 5 Workouts per week;
4. Walk every week day;
5. Walk Twice per week;
6. Walk Three Times per week;
7. Swim in the sea once per week:

Mindset Habits:

1. Create a good morning routine;
2. Create a good bedtime routine;
3. Study for 30 minutes every week day;
4. Journal every week day;
5. Start and finish work at a set time every day;
6. Have everything you need to have done in a day all finished by 8pm MAX every week evening;

To Note:

1. Starchy carbohydrates are potatoes, pasta bread and rice.
2. You can find your Journaling worksheet in Resources on your Dashboard.
3. You can pick a new dinner recipe from the Dashboard or from the Dinner Recipes PDF in Resources or find your own.
4. When you are reducing alcohol or junk food, it is a good idea to be very specific. Are you working towards having 5 days alcohol or junk food free? In what way are you going to reduce? How will you be able to tell if you have reduced?
5. You can do this challenge in conjunction with the Raise the Bar Workout Challenge.

Worksheet:

Form to fill out and send to Jessica: [Raise The Bar Challenge Worksheet](#)

How to interact:

Post up your progress on social media using the hashtag #raisethebar.

Share your progress with members, share what's working, what's not working, help each other out and support each other on this transformative journey.